

# LIVE BETTER EVERY DAY.

Take what matters most to you...add games, rewards, challenges, friends...wrap it up in the latest technology...and say hello to Virgin Pulse!

## STEP 1: Complete Health Assessment Questionnaire & Get

PPO		HDHP	
Primary Insured in LANL Health Plan	Eligible Spouse or Same-Sex Domestic Partner	Primary Insured in LANL Health Plan	Eligible Spouse or Same-Sex Domestic Partner
\$100	\$100	\$250	\$250
Deposited into a Health Care Account (HCA) with BCBSNM		Deposited into Primary Insured's Health Savings Account	

Reward for completing the Health Assessment Questionnaire is available in 2015 beginning in April

## STEP 2: Complete Program Activities & Get Rewards



Your GoZone measures your daily activity in steps. Wear it clipped to your waistband or pocket for the most accurate results. It's easy, quick and helps you earn rewards.



Participate in healthy activities – competitions, challenges, promotions, contests, health and safety classes, nutrition, lifestyle management programs, etc.. – and log it into your **Member Site** online tracking center.



Monitor your progress and watch your **HealthMiles** (points) and **Rewards** add up.

PPO		HDHP	
Primary Insured in LANL Health Plan	Eligible Spouse or Same-Sex Domestic Partner	Primary Insured in LANL Health Plan	Eligible Spouse or Same-Sex Domestic Partner
up to \$100	up to \$100	up to \$250	up to \$250
Deposited into a Health Care Account (HCA) with BCBSNM		Deposited in January 2016 to Primary Insured Health Savings Account	

Rewards accumulated in 2015 become available in January 2016

# How to Earn HealthMiles Points

Make healthy decisions every day! The more you make, the more you earn. Check out just some of the ways you can earn:

<b>PHYSICAL ACTIVITY (GoZone)</b> The more you move, the more you earn! You can earn up to 100 HealthMiles (points) daily with steps or Active Minutes, whichever you have more of.	20 HM daily for up to 7,000 steps or less than 15 Active Minutes 60 HM daily for 7,000-11,999 steps or 15-29 Active Minutes 80 HM daily for 12,000-19,999 steps or 30-44 Active Minutes 100 HM daily for greater than 20,000 steps or 45+ Active Minutes
Know Your Numbers Track your BMI & blood pressure at a Healthy Heart Station and self-enter on your Member Site.	100 HM a month self-entry
<b>Know Your Number – Results</b> Earn HealthMiles (points) for each ideal/improved measurement (BMI & blood pressure).	50 HM for optimal/improved measurements (BMI & blood pressure) a month
<b>Non- Smoking Declaration</b> Complete an online non-smoking agreement on your Virgin Pulse Member Site.	1000 HM once a year
<b>Create a Personal Challenges</b> Use the Virgin Pulse Personal Challenge feature to keep you and others motivated.	500 HM per year
<b>Get in the Know</b> Participate in the <i>Know and Gos</i> offered throughout the upcoming year	250 HM for participating and completing each Know and Go
<b>Get Social</b> Use the social connections platform to create your healthy community and earn up to 650 HealthMiles (points).	100 HM by creating/joining 1st group 200 HM by uploading a photo 50 HM each by sending a friend request (up to 5) 100 HM for your 1st status update
<b>Take Action</b> Join/complete a Lifestyle Management Program and earn 1,000 HealthMiles (points).	1000 HM per program
<b>Bonus (Employee Only): Health &amp; Safety Activities</b> <ul style="list-style-type: none"> <li>Health and Safety Education Classes</li> <li>Health and Safety Fairs</li> <li>Health and Safety Behavior Reward</li> <li>Behavior Based Safety (BBS) Entry in Atomics</li> <li>Annual Wellness Checkup</li> <li>WSST Rep or BBS Active Coach</li> <li>WSST Chair</li> <li>Healthy Eating at the Aramark Cafeteria</li> </ul>	100 HM per class (maximum of 5/month) 250 HM each fair (maximum 1000/year or 250/fair) 100 HM per quarter 25 HM per week for an entry 1000 HM once a year 1000 HM once a year 1500 HM once a year 500 HM per month
<b>Nutrition</b> Track your healthy eating habits through MyFitnessPal and earn more HealthMiles!	100 HM by signing up for MyFitnessPal 100 HM for tracking 5 out of 7 days 40 HM for daily calorie tracking

New for 2015!

## Move through the Levels by Earning HealthMiles (Points)

Earn additional rewards for participating in the Virgin Pulse program activities.\* Up to \$100 HCA deposit for PPO and \$250 HSA deposit for HDHP. Program eligibility is for the Primary Insured in LANL Health Plan and spouse or same-sex domestic partner who is covered as a dependent of the Primary Insured. This funding becomes available in January 2016.

Feeling great feels even greater when it comes with financial rewards from LANL!

## Your Rewards



Learn more at [join.virginpulse.com/lanl](http://join.virginpulse.com/lanl)

Email [support@virginpulse.com](mailto:support@virginpulse.com)  
or call 866-852-6898

